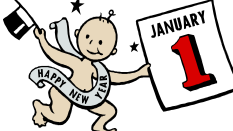


January 2010

SENIOR CITIZENS ACTIVITIES IN BERWYN



Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAYOR ROBERT J. LOVERO	<u>North Berwyn Park District (NBPD)</u> (708)749-4900	<u>YMCA: 708-749-0606</u> join the Silver Sneakers; the largest group of Seniors in Illinois	<u>Berwyn Park District (BPD)</u> 708-788-1701	<u>VIP SENIOR CLUB</u> CALL 708-484-0762 <u>E.S.P. SENIOR CLUB</u> CALL 708-484-2313		2 Pinochle/Games 9am-3pm at Liberty Center
Senior Services & Informational	4 <i>Bingo</i> , NBPD 1:30 – 3:00 - Community Center; <i>Body Dynamics</i> 1:00 at Proksa Park	5 SENIOR SUPPORT GROUP 10:30 TO NOON SENIOR CENTER	6 Spanish Speaking Support Group 9:30 to 11:30am Senior Center	7 Proksa Needlers – 12:30-2:30pm at Proksa Park	<u>THE CENSUS IS COMING - BE COUNTED FOR BERWYN</u>	9 Pinochle/Games 9am-3pm at Liberty Center
Center 6420 W. 16th 484-2510	11 <i>Bingo</i> , NBPD 1:30 – 3:00 - Community Center; <i>Body Dynamics</i> 1:00 at Proksa Park	12 SENIOR SUPPORT GROUP 10:30 TO NOON SENIOR CENTER	13 Spanish Speaking Support Group 9:30 to 11:30am Senior Center	14 Proksa Needlers – 12:30-2:30pm at Proksa Park	15	16 Pinochle/Games 9am-3pm at Liberty Center
17 <u>Library:</u> call Diane 795-8000	18 <i>Bingo</i> , NBPD 1:30 – 3:00 - Community Center; <i>Body Dynamics</i> 1:00 at Proksa Park	19 SENIOR SUPPORT GROUP 10:30 TO NOON SENIOR CENTER	20 Spanish Speaking Support Group 9:30 to 11:30am Senior Center	21 <i>Nutrition for Adults</i> 10:30 – 11:30 – Proksa Proksa Needlers – 12:30-2:30pm at Proksa Park	22	23 Pinochle/Games 9am-3pm at Liberty Center
24 <u>Pavek Recreation</u> 788-2010	25 <i>Bingo</i> , NBPD 1:30 – 3:00 - Community Center; <i>Body Dynamics</i> 1:00 at Proksa Park	26 SENIOR SUPPORT GROUP 10:30 TO NOON SENIOR CENTER	27 Spanish Speaking Support Group 9:30 to 11:30am Senior Center	28 <i>Nutrition for Adults</i> 10:30 – 11:30 – Proksa Proksa Needlers – 12:30-2:30pm at Proksa Park	29 MOST SENIOR CLUBS MEET AT PAVEK RECREATION	30 Pinochle/Games 9am-3pm at Liberty Center
31 Do you have problems paying your light and gas bill? Call CEDA- (708) 484-9670	<i>Bingo</i> , NBPD 1:30 – 3:00 - Community Center; <i>Body Dynamics</i> 1:00 at Proksa	SENIOR SUPPORT GROUP 10:30 TO NOON SENIOR CENTER	Spanish Speaking Support Group 9:30 to 11:30am Senior Center	<i>Nutrition for Adults</i> 10:30 – 11:30 – Proksa Proksa Needlers – 12:30-2:30pm at Proksa Park	<u>THE CENSUS IS COMING - BE COUNTED FOR BERWYN</u>	From the desk of the Senior Advocate Frank Paduch